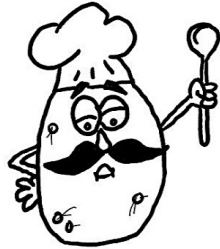


SHORT RIB RAGU



INGREDIENTS:

- 1 lb. Bone-In Short Ribs
- 3 Tbls. Vegetable Oil
- 3-4 Carrots
- 1 Yellow Onion
- 1-5 cloves Garlic
- Canned Tomatoes
- 1 Tbls. Tomato Paste
- 1/2 bottle dry Red Wine (plus more for drinking)
- 1 Cup Beef Stock
- 2 tsps. Coriander
- 2 Bay leaves
- Salt & Pepper

STEP THREE: BRAISE



Cook the short ribs in a dutch oven (with the lid on) for 2 1/2 hours at 350°F. If you want to check it half way through, don't burn yourself from the steam when you open the lid.

STEP FOUR: FINISH THE RAGU

When the braise is done, pull the short ribs out. The ribs should be tender enough that the meat falls off the bone. Use a fork to shred them, and push the rest of the sauce through a strainer using the back of the spoon (this is easier than it sounds - everything is VERY soft). Stir the short ribs back in and simmer on the stove for about 30 minutes.



STEP ONE: SEAR THE MEAT

Generously salt and pepper the short ribs and sear on each side over high heat in a dutch oven. Use something neutral, like vegetable oil.



STEP TWO: MAKE THE SAUCE

Remove the short ribs from the pot, and use the leftover oil to sauté chopped garlic, onion, and carrots. Season with salt, pepper, and coriander.



Add the canned tomatoes and crush them so that there are no big chunks. Stir in the tomato paste and simmer until the sauce starts to turn a sort of brick red.

Pour in half a bottle of a dry red wine and put the short ribs back in, bone side up. Throw in a few bay leaves and add as much beef stock as you have room for in the pot.

